

**Breastfeeding** 



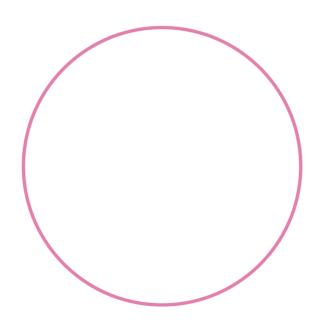
Formula feeding



Baby's first foods



Food and drinks to avoid



Signs that baby is hungry or full



# **Breastfeeding**

## **Suggested Questions:**

- · How is breastfeeding going?
- What questions do you have about breastfeeding?

#### Tips:

- · Breastmilk is the only food your baby needs.
- Breastfeed frequently, at least 8–12 times in 24 hours.
- Avoid giving your baby any formula, water, teas, or a pacifier in the first month.
- You will know if your baby is getting enough to eat if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.
- · It's normal to have guestions and need help.

### **Handouts:**

- #4 Babies First Answers for Breastfeeding Problems
- How to Tell if Your Baby is Hungry (tear off sheet)
- Signs That Your Baby is Well Fed (BF bookmark)

# Formula feeding

#### Suggested Question:

 What questions or concerns do you have about preparing formula or feeding your baby?

#### Tips:

- Prepare formula according to the instructions on the label. Use the right amount of clean water.
- · Always hold your baby when bottle feeding.
- Never prop the bottle or put your baby to bed with a bottle.
- · Do not put cereal in the bottle.
- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.

## **Handouts:**

- · A Nutrition Guide for Birth to 6 Months
- How to Tell if Your Baby is Hungry (tear off sheet)

# Baby's first foods

### Suggested Question:

 What questions do you have about first foods for your baby?

#### Tips:

- · Breastmilk or formula is the only food your baby needs.
- Starting solid foods too early may cause allergies or choking.
- Wait until your baby shows all the signs of readiness, around 6 months. Signs include sitting up without support, reaching and grabbing, and taking food from a spoon.
- WIC will add cereal to baby's WIC checks at six months.
- · Do not put cereal in the bottle.

## **Handout:**

· Feeding Your Baby: Birth to 8 Months

## Food and drinks to avoid

## **Suggested Question:**

 What have you heard about food or drinks that your baby should not have right now?

## Tips:

- · Never feed your baby honey or foods made with honey.
- Starting solid foods too early may cause allergies or choking.
- · Do not put cereal in the bottle.
- Water or juice is not recommended before 6 months.
  Babies get enough liquid from breastmilk or formula.
- Do not give regular cow's milk until your baby turns one year old.

## **Handout:**

• Feeding Your Baby: Birth to 8 Months

# Topic of your choice

# Signs that baby is hungry or full

## Suggested Question:

- How do you know when your baby is hungry or full?
  Tips:
- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.
- Your baby will want to breastfeed or take formula every 2–3 hours, even throughout the night.
- · Do not force your baby to finish a bottle.
- You will know if your baby is getting enough if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.

#### Handouts:

- A Nutrition Guide for Birth to 6 Months
- How to Tell if Your Baby is Hungry (tear off sheet)
- Sign That Your Baby is Well Fed (BF bookmark)

## Infants 0-5 months





